

## ABSTRACT OF THE DISCLOSURE

In a chair having a base, a seat defining a fore-to-aft longitudinal axis, a seat back and a tilt control mechanism, a horizontal adjustment mechanism is provided for allowing fore-to-aft movement of the seat relative to the seat back. The mechanism includes a first plate adapted to be coupled to the seat; a second plate adapted to be coupled either directly to the base or to the tilt control mechanism, the second plate being slidably coupled to the first plate such that the two plates can move relative to one another along the longitudinal axis of the seat; an intermediate element positioned between the first and second plates for facilitating relative sliding movement therebetween, and a handle positioned between first and second plates that selectively positions the first plate in relation to the second plate.